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... with Rock and Roll Hall of Fame induction. Use Metro AR to watch them perform PAGE 10

'ENCLAVES ARE NOT GHETTOS'

DAY 3 OF METRO'S LOOK AT IMMIGRATION: NEWCOMERS BAND TOGETHER TO CREATE SUPPORT NETWORKS PAGE 4

USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'

Accusations fly over ministerial travel expenses

People who live in glass houses ...
Government alleges opposition NDP also improperly charged taxpayers in the past

The finger-pointing over ministerial travel expenses is ramping up at the Saskatchewan legislature, with the government and Opposition suggesting each has misused taxpayers' money.

Premier Brad Wall said on Tuesday that taxpayers were on the hook when NDP then-premier Lorne Calvert and industry minister Eric Cline went to Paris in 2006. Calvert and Cline had business meetings, but Wall said documents show they used a rented van for a sightseeing tour and charged taxpayers.

"It wasn't obviously acceptable for it to happen for our government. It's not acceptable for it to happen under the New Democratic Party," Wall said.

"It's important for the NDP to take the steps to do the right thing and pay it back as well."

The NDP denied Wall's accusation, citing documents that show a staffer did not expense the van for the tour and paid cash for it.

NDP Leader Cam Broten said the government is trying to deflect attention from expenses made by Social Services Minister June Draude, whom he accused of taking a trip to London and Ghana as a vacation with a friend and family member, and scheduling a few meetings in order to have taxpayers pay for it.

"It's a trip to Ghana which still has no purpose that I can tell, and no benefit to Saskatchewan taxpayers," Broten charged.

"When a trip is made up, when it's as much about a family vacation as anything else, as we see with the $19,000 trip to Ghana ... that's hugely concerning."

Draude has been under fire for using a high-end car service in London that cost $3,600 over four days and for $200 spent on lunch with a friend.

Those expenses were filed by cabinet secretary Rick Mantey, who booked the car and accompanied Draude on the trip last June. Mantey booked the same car service while in London with Finance Minister Ken Krawetz last June, shortly after the Draude trip.

Krawetz was meeting with bank officials in London, though the car service was expensed for one day when he didn't use it.

THE CANADIAN PRESS WITH FILES FROM MARCO VIGLIOTTI/METRO

THE COLOUR OF HOPE

More than 1,500 Saskatchewan students donned pink clothes and came to the Turvey Centre in Regina on Tuesday to rally against bullying in anticipation of Wednesday's international Red Cross Day of Pink. Travis Price, second from left, who created the Day of Pink in 2007, encouraged the students to find healthy outlets to help them cope during tough times. For more on the event, visit metronews.ca. SARAH TAGUIAM/METRO

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NEWS 1

Girl killed in rollover

White Bear First Nation. Police suspect 18-year-old woman of driving while impaired

Charges are pending against a young woman suspected of driving drunk after a crash that killed a teen girl in rural southeast Saskatchewan.

The rollover claimed the life of the 17-year-old passenger and injured three other people who were in the Pontiac Grand Am at White Bear First Nation, near the town of Carlyle, on Monday night.

"We feel that alcohol is a factor ... so right now we're looking at charges of impaired driving causing death and impaired driving causing bodily harm," RCMP Cpl. Dave Wolfe told Metro on Tuesday.

He alleged that the driver was speeding while carrying four passengers aged 17 to 22, before the car rolled multiple times on the White Bear reserve's main grid road.

Four of those in the Grand Am — including two who were ejected from the car — were transported to a hospital in Arcola. Two of them were then flown to a hospital in Regina, where they remained in critical condition Tuesday.

One of the passengers refused medical attention immediately after the crash.

The 18-year-old driver, a Carlyle resident whom RCMP haven't named, remained at Arcola Health Centre on Tuesday for observation.

Police said they won't release the name of the deceased girl, who lived at White Bear, at her family's request.

SARAH TAGUIAM/METRO

Fire at construction site deemed accidental

A fire that destroyed a hotel under construction in northwest Regina appears to have been an accident. City Fire Marshal Randy Ryba, pictured above, said on Tuesday that Saturday's blaze was sparked by a breakdown in propane equipment at the site of the four-storey hotel, inset, at the intersection of Pasqua Street and Diefenbaker Drive. Ryba added that construction crews had followed proper procedures with the equipment involved. ROSS ROMANIUK/METRO

Fort Qu'Appelle

Assault suspect surrenders

A reported gang founder wanted on a Canada-wide warrant following alleged assaults in Fort Qu'Appelle has turned himself in to RCMP.

Richard Daniel Wolfe, 38, was charged with sexual assault and assault with a weapon following an incident on Monday in which two victims were hurt.

Wolfe turned himself in at a Fort Qu'Appelle detachment on Tuesday, RCMP said.

SARAH TAGUIAM/METRO

Twitter

Wall takes a dig at defeated Marois

Premier Brad Wall, who last month was called sneaky by Quebec Premier Pauline Marois, is saying goodbye to all his "friends" in the Parti Québécois after the party's resounding election loss.

In a Twitter post Tuesday, Wall bids a "sincere farewell" in French and signs the tweet "Le Ratoureux."

There is no direct English translation for "ratoureux," though it can be used to describe someone who is cunning, wily or mischievous.

Marois used the Quebecois slang to describe her Prairie counterpart as a sneaky person who always tries to trip her up. THE CANADIAN PRESS

Forecast

Flood threat waning: Agency

The overall threat of flooding from spring runoff in Saskatchewan is receding.

The Water Security Agency says water levels could be well above normal in the Prince Albert area, and above normal in pockets in the Lloydminster and Rosetown regions.

Earlier forecasts said a band stretching across the central part of the province faced a threat of above-normal water levels.

THE CANADIAN PRESS

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Sit back, relax and let the wellness flow through you

IV league. Vancouver opens a posh new clinic where customers enjoy an intravenous dose of vitamin therapy

EMILY JACKSON
Metro in Vancouver

Patrons enjoy IV vitamin therapy at the IV Wellness Boutique in Vancouver. TWITTER: @THEIVWELLNESS

With leather reclining chairs, soft lighting, indie music and flat-screen TVs, passersby might mistake this Vancouver business for a typical lounge or spa.

But they do a double-take when they see plastic bags hanging from IV stands dripping fluids into customers' veins.

Welcome to the IV Wellness Boutique, the first dedicated intravenous vitamin therapy lounge in the city — and perhaps the country.

While naturopathic physicians around the world provide vitamin drips to help relieve ailments from stress to exhaustion to hangovers — Rihanna made them famous when she posted a picture of her "party girl drip" on Twitter in 2012 — the co-owners of this clinic believe it's the first with a social, spa-like atmosphere in Canada.

"We tried to take the clinical feel out of a clinic; we tried to make it really beautiful," naturopathic doctor Heidi Rootes said Tuesday. "We want people to feel comfortable and relaxed."

A typical 45-minute treatment costs $150 out of pocket, or covered under extended medical care plans. It must be administered by a physician or a nurse practitioner certified in the practice.

That may not seem relaxing for those who don't like needles, but "that's the biggest stigma, the whole idea of intravenous," said Rootes, who has administered the treatment for eight years.

Rootes and co-owner Robin Szakacs want to focus on health benefits including energy boosts and back-pain relief instead of the party cure, popular in Las Vegas, L.A. and Miami. (Not to mention in Europe and Asia, where vitamin drips have long been mainstream.)

What's in the solution?

- Sugar, saline or sterile water base
- Preservative-free vitamins, minerals and/or amino acids
- For example: vitamin C, B, calcium, magnesium (depending on the treatment)

"Sure, if you put anybody that's hung over and dehydrated on an IV they're going to feel better," Rootes said. "Sometimes I feel like that kind of cheapens what we're doing, but that's not our focus."

The risks are minimal, Rootes said. As with any needle, there's a risk of infection. People are prescreened before treatment and the procedure is not recommended for those with kidney or heart disease.

Clientele include marathon runners, both before and after the race, people coming to and from yoga and 80-year-olds with diabetes.

Day of Pink

DOING MORE THAN COLOUR COMMENTARY

MICHAËLLE JEAN
27th governor general and commander-in-chief of Canada, co-chair of the Michaëlle Jean Foundation

Four years ago, my 11-year-old daughter Marie-Eden came home from school and started telling me — fast-paced, enthusiastic as can be — about the Day of Pink campaign. "You know, Mom," she said, "I need to take action when someone is not being treated right. I need to act, even if I'm not the one directly affected."

Marie-Eden seemed to have understood everything: the damage of discrimination, the importance of standing up to bullying, how to take concrete action, to make a difference.

I was floored.

As you know, I grew up in Haiti, in a country "draped in barbed wire," to use the words of my uncle, the poet René Dépestre. Under the dictatorship of Papa Doc, my family taught me that indifference to the predicament of others was not an option; that having a social conscience was paramount.

And here was my child, now in Canada, teaching me the same lesson.

Since that time, I have participated in the Day of Pink and met the Jer's Vision team. I have seen the transformative power of their work. I have seen how children and teens have gained a vocabulary, new ways to act and new tactics to show solidarity with the vulnerable. The campaign is working. And that's why I believe in the urgent spread of this kind of intervention.

Bullying, harassment, prejudice and abuse are still rampant. Today, suicide is still the second-leading cause of death for people aged 10 to 24 in Canada — just behind accidents. And it remains the leading cause of death among sexual-minority youth.

That is why I have chosen to work through the Michaëlle Jean Foundation on what we have dubbed the 4th Wall Youth Solidarity Project. With the Art Gallery of Ontario, Jer's Vision and 50 human rights and health organizations, we are encouraging Canadians to show vulnerable youth from Canada's Two-Spirit and LGBTQ communities that they are not alone; that we care; that we want them to feel included.

Six lucky young artists will be awarded a cash prize, a free trip to Toronto and an opportunity to have their work featured in a high-profile exhibition at the Art Gallery of Ontario, to mark World Pride 2014.

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Nations within a nation

The First Filipino Baptist Church of Toronto is a key gathering spot for the rapidly growing Filipino community in Canada's largest city. DAVE STARRETT/FOR METRO

The Story of Us
Immigration in Canada

Immigrants banding together. Tight-knit communities offer support to new arrivals

DAVE LANGFORD
Metro in London, Ont.

Cely Velez was 39 when she came to Toronto in 1997, leaving her home in the Philippines behind.

"My mom is here and she was not that young anymore," Velez said, adding that her lone sister lives in California with six children. "So for me, I wanted to be the one responsible for my mom's care."

Velez is the business administrator at the First Filipino Baptist Church of Toronto. Sitting in the heart of the city with a congregation of about 410 people, the church is a focal point for Toronto's burgeoning Filipino community — the fastest growing enclave of immigrants in the nation, one expert said.

Dr. Sandeep Agrawal, a specialist in ethnic enclaves at the University of Alberta, said recent years have seen a big influx of immigrants from the Philippines, "even superseding (those from) India and China."

A 2011 National Household Survey showed 662,600 persons of Filipino descent now live in Canada.

Agrawal said the Filipino enclave is replacing one of Canada's oldest communities — the Jewish enclaves in central Toronto.

Dr. Mohammad Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, said there are two dimensions to ethnic enclaves.

The first is a "residential concentration of people" and the other is a combination of various facilities, commercial establishments and churches, which together comprise an ethnic enclave.

"The most concentrated residential groups are Jews and then Italians and then Portuguese," Qadeer said.

Ultimately, the communities within communities help more established immigrants support those who are newer to Canada.

Velez falls into the second category of enclaves — her work and personal life both revolving around the First Filipino Baptist Church.

"It's always church-related events," Velez said. "We usually go into each other's homes. That's very, very important for us."

Community

Enclaves booming in Canada

Call it Little Italy, Chinatown or Little Manila.

No matter the name, ethnic enclaves are important to the immigrant communities they support — and the cities they're in.

For the cities themselves, traditionally large urban ones like Toronto and Vancouver, enclaves help bring in tourists looking for an authentically exotic bite or a first-hand brush with another culture.

And, in many cases, those same tourists help newcomers succeed by frequenting the businesses where they work.

"Enclaves are very lively and they help support immigrant life in a number of different ways," said Dr. Sandeep Agrawal, from the University of Alberta.

In recent years, enclaves have started branching into the suburbs of major cities, and most of Canada now has enclaves of various shapes and sizes.

If you ask Agrawal, there's no real downside to that. But, enclaves have, in the past, been cast in a bad light.

A 2003 Statistics Canada report "measured ethnic enclaves as part of an isolation index, meaning those who live in enclaves are isolated and that enclaves are bad," Agrawal said.

A followup paper "debunked that myth," showing that the communities actually help people adjust and, eventually, thrive in Canada.

Another myth is that the words "enclave" and "ghetto" can be used interchangeably.

"Ghetto is an old word which is based on racial and economic exclusion," Dr. Mohammad Qadeer of Queen's University said. "A ghetto is also a large concentration of poverty.

"Enclaves are not ghettos."

DAVE LANGFORD/METRO

Where we come from

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THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

Pistorius testifies at trial: 'I sat over Reeva and I cried'

South Africa. An emotional Pistorius recounts details of girlfriend's murder

A subdued Oscar Pistorius on Tuesday described dinner at home, chatting and looking at cellphone photos with Reeva Steenkamp on the last night of her life. Then he erupted in anguished howls and heaving sobs while testifying at his murder trial about the moments when he says he realized he shot his girlfriend through a closed toilet door.

The spectacle of what appeared to be a tormented man highlighted the drama of the runner's inspirational rise and sudden fall. The South African double-amputee captured the world's attention when he successfully fought for permission to run in the 2012 Olympics on his prostheses. The next year, he was facing charges for killing the woman he said he loved.

Oscar Pistorius' sister Aimee, right, cries as he testifies in court.
KIM LUDBROOK/THE ASSOCIATED PRESS

The court in Pretoria, the South African capital, adjourned because of the athlete's breakdown.

"I sat over Reeva and I cried," Pistorius said, telling how he broke open the stall door in his bathroom in the early hours of Feb. 14, 2013 to discover his bloodied girlfriend.

Pistorius said in statements that he shot Steenkamp after mistaking her for an intruder in his bathroom. The athlete said he felt fearful and vulnerable as he moved to the bathroom, walking only on his stumps.

The 27-year-old Olympian faces a life sentence with a minimum of 25 years before parole if convicted. The judge will deliver the verdict because South Africa does not have a jury system.

Earlier Tuesday, Pistorius denied three other charges against him relating to firing a gun in public on two occasions.

He said he wasn't to blame for a shot going off in a busy restaurant because a friend handed him an "unsafe" gun.

Attempting to emphasize the runner's vulnerability, his lawyer promtpted Pistorius to take off his prosthesis and stand on his stumps by the bullet-marked toilet door.

THE ASSOCIATED PRESS

Irish visit full of symbolism

Irish President Michael D. Higgins walks alongside Britain's Queen Elizabeth II at Windsor Castle on Tuesday. Higgins marks Ireland's first official visit to Britain since its independence, a symbolic gesture for the two countries with a troubled history. PETER MACDIARMID/THE ASSOCIATED PRESS

Protests

Tensions rise in eastern Ukraine

Ukraine's government struggled to stay in control of the country's eastern regions as tensions flared Tuesday in three cities.

While the government managed to recapture its regional headquarters and detain dozens of pro-Russian protesters in one city, it said "radicals" were keeping 60 people hostage and threatening them in another city.

Earlier Tuesday, authorities regained control over a government building in Kharkiv. Protesters were evicted and dozens detained. In Donetsk, a city further south, protesters dug in for their third day a regional headquarters they captured on Sunday before declaring a parallel government.

All three cities are in Ukraine's east, where hostility is strong toward the government that took power in February after the ouster of Kremlin-friendly President Viktor Yanukovych. THE ASSOCIATED PRESS

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Upgrade

Canada's economy sunnier, but clouds loom: IMF forecast

The International Monetary Fund has again upgraded its projection for Canada's economy, but the latest outlook from the international financial organization shows it is far from sold on Canada's underlying fundamentals. THE CANADIAN PRESS

Protests

P&G changes palm oil policy

The Procter & Gamble Co. has updated its policy on palm oil following high-profile protests by Greenpeace at its Cincinnati headquarters. The world's largest consumer products company said Tuesday it has adopted a "no-deforestation" policy for its palm oil supply. THE ASSOCIATED PRESS

Copyright

Hollywood studios sue Megaupload

Hollywood studios are suing the defunct file-sharing website Megaupload and its founder, Kim Dotcom, claiming the website facilitated massive copyright infringement. The lawsuit was filed Monday in federal court in Alexandria, Va.,seeking unspecified damages. THE ASSOCIATED PRESS

Wholesale stores

Walmart ramps up growth in India

Walmart says it will open 50 more wholesale stores in India over the next four to five years, adding to the current total of 20 in the country.

These stores, known as cash-and-carry outlets, cater to retailers, rather than to individuals.
THE ASSOCIATED PRESS

Something to squawk about: Cup cracks $36M

The Meiyintang "chicken cup" from the Chinese Ming Dynasty (1368-1644) is displayed during a press conference in Hong Kong on Tuesday. THE ASSOCIATED PRESS

'Chicken cup'. Small white porcelain piece from Ming Dynasty lays record profit at Sotheby's auction

A Shanghai collector bought a rare Ming Dynasty cup that's touted as the "holy grail" of China's art world for $36 million US at a Hong Kong auction on Tuesday, smashing the previous world record price for Chinese porcelain.

Sotheby's said Liu Yiqian was the winning bidder for the small white cup, which measures just 8 centimetres in diameter and is more than 500 years old. The vessel is known as a "chicken cup" because it's decorated with a rooster and hen tending to their chicks.
THE ASSOCIATED PRESS

U.S. Drugmaker hit with $9B penalty over diabetes medicine linked to cancer

A U.S. jury ordered Japanese drugmaker Takeda Pharmaceutical Co. and its U.S. counterpart, Eli Lilly and Co., to pay $9 billion US in punitive damages over a diabetes medicine linked to cancer. The drug companies said Tuesday they will "vigorously challenge" the decision.

The U.S District Court in western Louisiana ordered a $6 billion penalty for Takeda and $3 billion for its business partner and co-defendant Eli Lilly. It also ordered $1.5 million in compensatory damages in favour of the plaintiff.

The legal fight turned on whether Actos, which is a drug used to treat type-two diabetes, caused a patient's bladder cancer and by implication was responsible for other cases of the cancer. THE ASSOCIATED PRESS

Market Minute

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WE ARE DRIVEN TO DISTRACTION

JUST SAYIN'

Paul Sullivan
metronews.ca

Feeling foolhardy? Not taking enough risks? Looking for a death-defying experience?

Try texting while you drive. It could be the most dangerous thing you can do.

According to the CAA, you are 23 times more likely to be in a crash or near-crash compared with non-texting drivers.

Driving while texting is six times more dangerous than driving while intoxicated, according to the U.S. National Highway Traffic Administration Safety Administration; in B.C., where I live, there were 81 deaths in 2012 from distracted driving, compared to 55 from impaired driving.

I can keep throwing stats at you. But I should stop now and concentrate on my driving.

And so should you, if this morning's commute is any indication. Here's just a sample of the things we did in traffic today:

While travelling at least 60 klicks an hour, a woman in a Range Rover had the visor down and appeared to be putting on makeup while talking to her friend on her handheld. As far as I can tell, the Pomeranian in her lap was doing the driving.

A line of people stopped at the red light appeared to be deep in prayer, so deep that the light changed and nobody noticed. Their faces were bathed in a strange, blue glow.

Soccer mom policed a van-load of kids while talking on her handheld. Yikes.

And it was breakfast time in the fast lane: muffins, very hot coffee, lip-searing burritos and sandwiches, assorted Tupperware from home, apples oranges bananas, oh my.

Any one of these distractions has a well-documented effect on your attention span. Yet we continue to drive through a multi-tasking medley of contortions. Our cars do double duty as kitchens, bathrooms, media centres and bedrooms (pets included).

What's interesting is that with the exception of handheld devices, most of this nonsense is not cut-and-dry illegal.

"Excuse me ma'am, but that's a $167 fine for driving with a Pomeranian in your lap. You're lucky it wasn't a Great Dane …"

Nevertheless, it's dawning on governments that unless they do something soon, we won't make it through rush hour.

In British Columbia, which has some of the toughest drunk driving laws in North America, the attorney general is aghast that, with one third the population, it has more distracted driving deaths than Ontario.

Maybe that's because Ontario has already jacked up its distracted driving fine from $155 to $280. In an amusing touché, it goes to $500 if you contest it and lose, which should clear up a lot of nuisance court cases.

B.C. will probably raise its fines soon, and may even attach points to licences. Yet you have to wonder if enforcement is the answer. The province issued 51,000 tickets for distracted driving last year, but if this morning's circus on wheels is any indication, no one has noticed.

Their "minds" are elsewhere.

ZOOM

Seeing is revealing

COURTESY LIU BOLIN/SCREAM GALLERY

Artist blends into his surroundings

Glance at it and you'll see nothing remarkable, but take a closer look and you can spot the figure of a man standing in the background. Behold Liu Bolin, the globally-renowned Chinese artist gifted with the uncanny knack to use body paint to blend into any backdrop. His first solo exhibition in the U.K., The Heroic Apparition, is open at London's Scream Gallery until May 10. METRO

Artist's viewpoint

"Each one chooses his or her path to come in contact with the external world. I chose to merge with the environment."

Liu Bolin, 41, artist based in Beijing
At a recent TED conference, Bolin said: "By making myself invisible, I try to question the inter-cancelling relationship between our civilization and its development."

A silent protest against the state

While his camouflage technique speaks of eccentricity, Bolin's message behind his artwork is in fact solemn and political in tone — a "silent protest against the state" for Chinese authorities' crackdown on artists. "I am standing, but there is a silent protest, the protest against the environment for the survival, the protest against the state," he said in a statement.
METRO

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 4 in News, page 8 in Scene, page 10 in Life, and page 13 in Sports.

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MetroTube

Subway ride gets riled by a rat

ANDREW FIFIELD
metronews.ca

Now, you may be tempted to dismiss the old saw that New Yorkers are a hardy bunch after watching this clip of a subway car packed with such supposedly indomitable souls losing their minds over a single wayward rat. But don't be so swift to judge. Because upon closer inspection, you'll notice that there isn't a single pant leg tucked into a single sock anywhere on this supposedly panic-filled car. We bet you don't feel so tough now. Those New Yorkers, man. Resolute.

GARY STEVENS/FLICKR

metro

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SCENE 2

See that symbol? It means you can scan the photo below with your Metro News app to see a Rio 2 trailer

Taken with a bird's-eye view

Feathers in filmdom's cap. Rio 2's macaw Tyler Blu latest bird to vie for a perch in Hollywood's avian pecking order

IN FOCUS
Richard Crouse
scene@metronews.ca

Tyler Blu Gunderson, voiced by Jesse Eisenberg, has his second big screen outing this weekend in Rio 2. CONTRIBUTED

Hollywood's two most famous birds must be Donald Duck and Woody Woodpecker. Between them they've starred in almost 300 films.

This weekend Donald and Woody are joined by Tyler Blu Gunderson, a rare male Spix's macaw, voiced by Jesse Eisenberg making his second big screen appearance in Rio 2. He's joined by a cast of fine feathered friends, including a yellow canary (Jamie Foxx), a rapping red-crested cardinal (will.i.am) and a sulphur-crested cockatoo (Jemaine Clement), as they leave their home in Rio de Janeiro for the Amazon rainforest.

The colourful co-stars in Rio 2 are animated, which makes them a much more agreeable lot than Tippi Hedren's castmates in her most famous movie. In the Alfred Hitchcock film The Birds, she plays a wealthy socialite visiting Bodega Bay in Northern California when hundreds of ravens, seagulls and pigeons begin viciously attacking the townsfolk.

Some of the birds were props, but many of them were all too real. Actors with ground meat and anchovies daubed on them to entice the birds escaped with nips and scratches but Hedren took the worst of it during the shooting of the movie's famous attic scene.

She had been told mechanical birds would be used in the sequence that sees her trapped in a small room while birds attack her. When she arrived at the shoot she saw a cage built around the set and realized the plan had changed.

For a week, real birds were thrown at her by stagehands. Pecked and scratched by birds attached to her by elastic bands she screamed and sobbed as one of them gouged her eye. It was such a traumatic sight, Cary Grant, who dropped by the set to say hello, said, "You're one brave lady."

It's no wonder Hedren chose Marnie, and not The Birds, as her favourite Hitchcock leading role.

As distressing as the shoot for The Birds might have been, the movie is now considered a classic.

That can't be said for a film inspired by Hitchcock's avian terror.

Birdemic: Shock and Terror director James Nguyen says the inspiration for his movie dates back to 2006 when he saw a flock of seagulls flying toward him at Half Moon Bay south of San Francisco. The sight reminded him of Hitchcock's film, but he thought, "What if I make a movie where instead of seagulls and crows, it's birds of prey? There's nothing more shocking than eagles and vultures."

The self-financed film took four years to finish and laid an egg in theatres before it became a cult hit as one of the worst film ever made.

When asked what Hitchcock would have thought of Birdemic, Nguyen told Empireonline.com, "I think Mr. Hitchcock would forgive a lot of its imperfections and say, 'James, you did what you could. Do another one and try to do it better.'"

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Perhaps LiLo should lie low and not go to Coachella with her mom

Lindsay Lohan insists she's back on the straight and narrow with her sobriety, despite slipping and having "one glass of wine" shortly after her last stint in rehab. But folks in her inner circle think her plans to attend the rowdy Coachella music festival in the California desert — especially with party-happy mom Dina Lohan along for the ride — is a terrible, terrible idea, according to Radar Online.

"Lindsay should not be going to Coachella. And having Dina with her isn't really making anyone feel comfortable that she will be a good chaperone. It's a big alcohol and drug festival and it is the last place that Lindsay should be," a source says.

"Lindsay swears that she'll stay sober, but Coachella is a huge party and there are going to be so many temptations for her. Everyone is really worried about her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Scarlett adds nickname insult to sexy inquiry injury

Whatever you do, never call Scarlett Johansson "ScarJo" to her face, as the Captain America: the Winter Soldier star can't stand the nickname.

"I associate that name with, like, a pop star," she tells Glamour magazine, saying that the nickname "sounds tacky. It's lazy and flippant. There's something insulting about it."

That's not the only grievance she airs in the interview, as Johansson also takes on the long-standing double standards of Hollywood for men and women.

"Actresses get stupid questions asked of them all the time, like, 'How do you stay sexy?' or 'What's your sexiest quality?' All these ridiculous things you would never ask a man."

METRO WORLD NEWS

Kirsten Dunst

Kirsten rides into mother lode of controversy on knight in shining armour

Kirsten Dunst is causing a bit of an uproar with her thoughts about traditional gender roles. "I feel like the feminine has been a little undervalued," she tells the U.K. edition of Harper's Bazaar in an interview.

"We all have to get our own jobs and make our own money, but staying at home, nurturing, being the mother, cooking — it's a valuable thing my mom created. And sometimes, you need your knight in shining armour. I'm sorry. You need a man to be a man and a woman to be a woman. That's why relationships work."

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See that symbol? It means you can scan this image with your Metro News app to see a video of Kiss performing their song Detroit Rock City

LIFE 3

God gave rock 'n' roll to you and KISS gives you all this

Got to Choose.
The painted rockers are getting inducted into the Rock and Roll Hall of Fame, so why not celebrate with a tour of some KISS-themed attractions?

STEVE GOW
life@metronews.ca

On Thursday, one of the biggest rock acts in the world is finally being inducted into the Rock and Roll Hall of Fame. But if fans of KISS can't make it to Brooklyn's Barclays Center for the ceremony, not to worry — there are many other ways to honour the face-painted performers whose career has spanned four decades. Here are a few other innovative KISS attractions in North America:

Plaster Caster

Niagara Falls may boast brilliant views of one of the natural wonders of the world but if you want waxy replicas of relentless guitar gods, Rock Legends Wax Museum at the top of carnivalesque Clifton Hill presents plaster casters of KISS as one of its most sought-after spectacles.

Calling Dr. Love

There are countless wedding chapels in Las Vegas but only one offers a fire-breathing Gene Simmons impersonator to stand as your Sinister Minister. The Hotter Than Hell Wedding Chapel in Las Vegas features concert-atmosphere nuptials on a KISS replicated stage (complete with fog machines), concert ticket invites and a live webcast. Even the real Gene Simmons has popped in and joined newlyweds as a witness. Visit kissweddingchapel.com.

Walk the Rock

Sure, Grauman's Chinese Theatre in Hollywood is where fans can compare their handprints in cement with those of Tinseltown's biggest actors, but a few miles away at Guitar Center's Rockwalk on Sunset Boulevard, hard rock devotees can measure their mitts against their favourite KISS member.

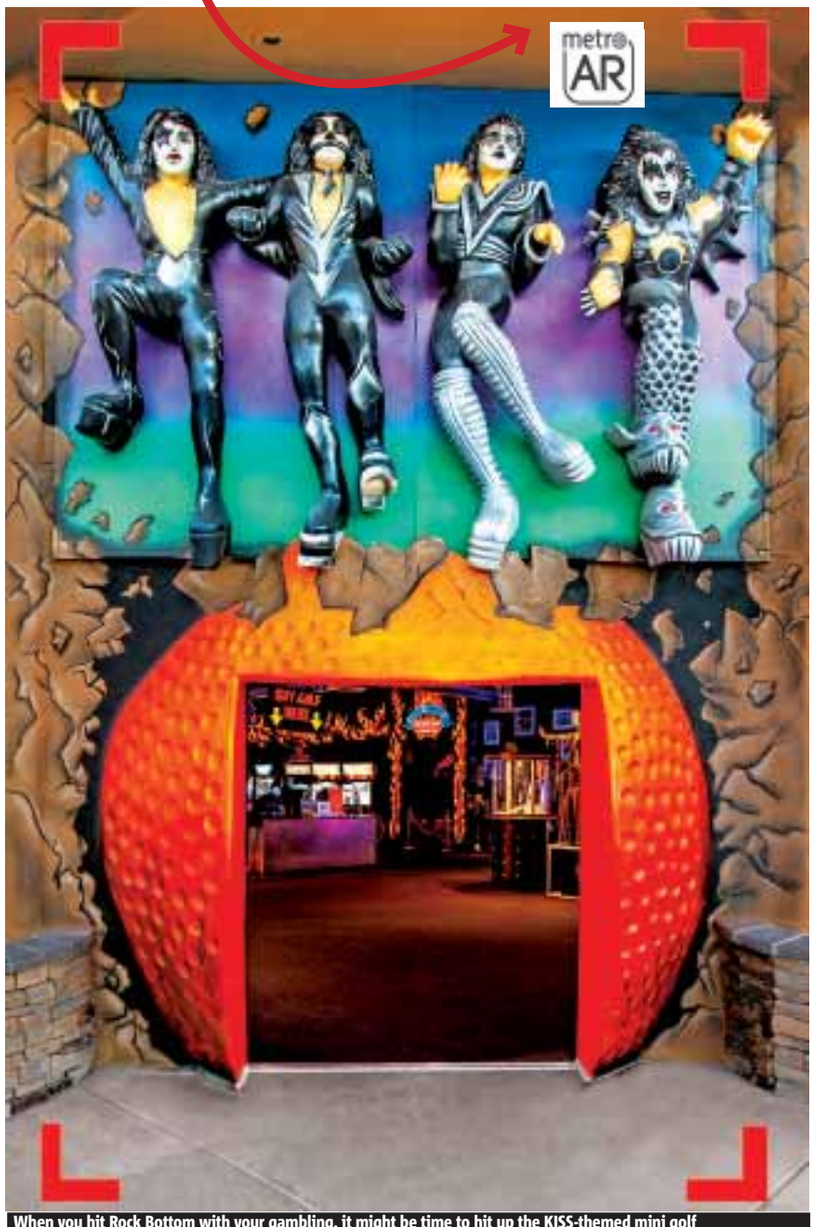
Step inside the Hollywood landmark and check out Paul Stanley's "Iceman" guitar and boots on display. Visit rockwalk.com.

Putt it Out Loud

Just when mini-golf couldn't get any more exciting, now at the KISS by Monster Mini Golf in Las Vegas, fans can play golf on a well-designed glow-in-the-dark 18-hole course while hits like Detroit Rock City blast over loudspeakers.

Who doesn't want to ace a hole-in-one by putting up the extended tongue of an enormous Gene Simmons head? Surprisingly, it's actually popular for kids' birthday parties. Visit monsterminigolf.com/kiss.

KISS even has their own Arena Football League team in L.A. CONTRIBUTED



When you hit Rock Bottom with your gambling, it might be time to hit up the KISS-themed mini golf course in Las Vegas. CONTRIBUTED

Gods of gridiron

Earlier this month the team Los Angeles KISS debuted in the Arena Football League. Not just an incidental moniker, the squad is co-owned by Gene Simmons and Paul Stanley and they're not afraid to show it in uniforms designed with flames and the band's iconic logo. Games will even feature rock bands stoking up lulls in play ensuring that the Gridiron Gods of L.A. rock 'n' roll all night ... and party every game. See lakissfootball.com.

Giving the job your all and then some

Can you over-deliver?

Four ways that you can exceed everyone's expectations at work

SIDNEYEVE MATRIX
TalentEgg.ca

Innovative ideas arise when you shift mindsets and run full speed ahead in your client's shoes. ISTOCK

High performers can be counted on to deliver value — day in, day out.

In fact, superstar talent tends to exceed expectations regularly, and that's how they get noticed by the powers that be.

The truism, "under promise, over-deliver" has merit.

Even if the "promise" part is out of your hands because your position comes with an assigned task list, it's always possible to exceed expectations. Here's how you can practise over-delivering this week to shine at work.

Think outside the box

Coming up with brand new creative ideas, or fresh combinations of existing ones, adds value to a business, project or unit.

Think more creatively by getting out of your comfort zone and gaining new perspectives.

Strike up conversations with those outside your field or market, ask questions and listen carefully to the responses.

"Fall in love with your customers' problems," not your solutions, advises Andrew King of the University of Virginia, and you'll be well-positioned to come up with saleable ideas and solutions based on existing needs.

Once you have some fresh new ideas, test them with a bit of research, then practise your pitch for team members, supervisors, or senior management.

Volunteer for extras

There are some tasks no one puts their hand up for. Be the one to get your hands dirty.

Whether you are an entrepreneur, an intern, a middle manager striving to climb a corporate ladder, or even the CEO, this one's for you.

"Do the jobs no one else wants to do," advises LinkedIn author Creel Price, "tackle tough or inglorious tasks without complaint or promise of reward" and you'll demonstrate your strong work ethic and leadership mindset.

And while you're at it, stay on alert for the pet projects that come down from the C-suite and grab ahold of those high-visibility opportunities.

Step up, own it, stand out

Differentiate yourself by delivering exceptional work products and performance, above and beyond expectations.

Too busy or slightly unmotivated?

At those times, the secret to feeling optimistic and inspired at work is adopting what Harvard Business Review author Heidi Grant Halvorson calls a "promotion focus" — a mindset concentrated on racking up the accomplishments and achievements that will get you noticed.

One easy way to find those promotional opportunities is to be on the lookout for tasks or projects you can take ownership of.

Own it, do it and establish a reputation as the problem solver, "the one your boss associates with getting things done," advises Tim Murphy.

In the process you'll increase your value to the organization and your job security.

Be on time

For self-starters and entrepreneurial types, consistent punctuality is absolutely essential for communicating to higher-ups that you are trustworthy and prepared to be productive.

- To get ahead, business coach Dan Kennedy advises you to "be where you're supposed to be when you're supposed to be there, as promised, without exception, without excuse, every time, all the time."
- Managing your schedule properly is part of managing others' expectations, and it indicates that you can be counted on for higher-stakes projects and critical, time-sensitive tasks. So be on time, and deliver on deadline.
- Or better yet, be early. Having work finished ahead of schedule always gets noticed.

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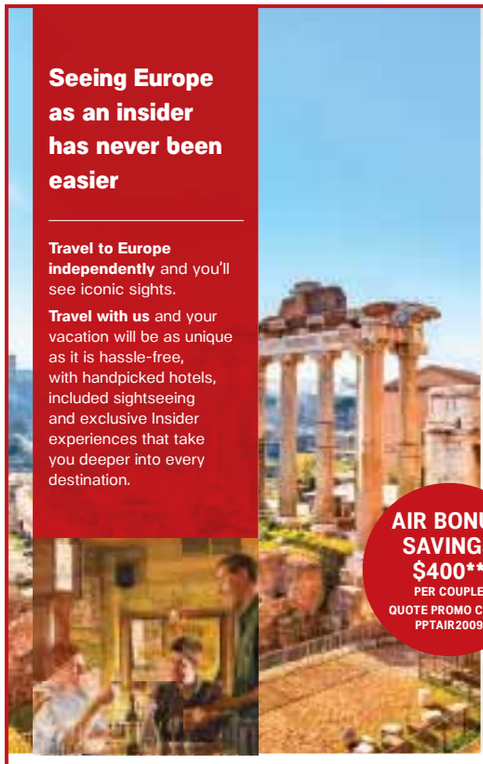

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A kick of heat for this meat

Orange Sriracha Maple Chicken Thighs with Spring Greens. Orange juice moonlights as a tenderizer in this dish

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

Looking for some spice in your life at dinner time? Well, Orange Sriracha Maple Chicken Thighs with Spring Greens might help you feed that craving.

These smoky and spicy chicken thighs are addictive with their balance of heat and sweet.

Chicken thighs are tender and offer up juiciness and flavour while being easy to prepare thanks to Florida orange juice, which helps add flavour and tenderize the chicken for a deliciously moist bite every time.

The sweet hint of orange juice is paired with a spicy kick of sriracha chili sauce and local pure maple syrup, making this a truly great introduction for spring that could become a quick favourite.

Ingredients

- 3/4 cup (175 ml) orange juice
- 2 tsp (10 ml) smoked paprika
- 2 large cloves garlic, minced
- 1 tsp (5 ml) dried oregano or 1 tbsp (15 ml) chopped oregano
- 1/4 cup (60 ml) sriracha chili sauce
- 3 tbsp (45 ml) pure maple syrup
- 2 lbs (1 kg) boneless skinless chicken thighs (about 12)

Spring Green Toss

- 1 pkg (142 g) mixed spring greens
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) white wine vinegar
- 1 tbsp (15 ml) orange juice
- Pinch each dried oregano, salt, pepper

1. In a large resealable bag, combine orange juice, paprika, garlic, oregano, chili sauce and maple syrup. Add chicken; seal bag and turn to massage chicken evenly. Refrigerate for at least one hour or up to overnight.

2. Place chicken on oiled, preheated grill over medium heat, turning once or twice for 10 to 15 minutes or until no longer pink inside and juices run clear.

3. Spring Green Toss: In a large bowl, toss greens with oil, vinegar, Florida orange juice, oregano, salt and pepper and serve with chicken.

This recipe makes eight servings. FLORIDA DEPARTMENT OF CITRUS

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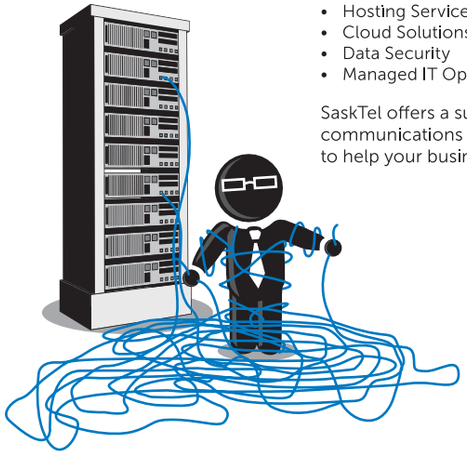

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Scan this image with your Metro News app to view a gallery of memorable moments from the Mike Gillis era in Vancouver.

Moose Jaw Warriors

WHL team asked to ditch '80s logo of aboriginal on skate with axe

A committee is calling on a Western Hockey League team in Saskatchewan to reconsider the use of its 1984 logo in 30th anniversary celebrations.

The retro logo of the Moose Jaw Warriors shows an image of a First Nations person on a skate and waving an axe. It was criticized when it was re-released in February.

The debate was renewed last month when Cree recording artist Buffy Sainte-Marie visited Moose Jaw and said the logo had to go.

City council agreed to send a letter to the team. THE CANADIAN PRESS

Toronto Raptors

Drunk driving charge a lesson for Valanciunas

They called it a serious mistake that Jonas Valanciunas must learn from. But otherwise the Toronto Raptors players and staff are standing behind their starting centre after he was charged with drunk driving.

The 21-year-old apologized to his teammates, and will play in Wednesday's game against the Philadelphia 76ers, but news of his arrest drew a large contingent of media to practice on Tuesday and negative attention to a team bound for the playoffs for the first time in six seasons.

"(I was) disappointed a little bit," Raptors GM Masai Ujiri said. THE CANADIAN PRESS

Canuck fans get their way

Mike Gillis was fired by the Canucks on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

NHL. Shortly after falling out of playoffs in Vancouver, GM Gillis gets canned

Less than three years after leading the Vancouver Canucks to within a game of the Stanley Cup, Mike Gillis is out of a job.

The club fired its president and general manager on Tuesday, just 14 hours after the team was eliminated from playoff contention in a listless and embarrassing 3-0 loss to the Anaheim Ducks that had fans at a half-empty Rogers Arena chanting "Fire Gillis" in the game's dying minutes.

"The Vancouver Canucks had success under Mike's leadership, and we nearly reached our ultimate goal; but I believe we have reached a point where a change in leadership and new voice is needed," team owner Francesco Aquilini said in a statement announcing the move.

The Canucks have three games remaining on their schedule, but were given Tuesday off. Aquilini was set to meet the media on Wednesday morning before the team practises.

At the NHL general managers meeting last month in Boca Raton, Fla., Gillis pointed to injuries and head coach John Tortorella's infamous locker-room incident against the Calgary Flames as reasons for a disappointing mid-season swoon that saw the team win just four of 20 games, including eight consecutive regulation losses.

Gillis was named NHL general manager of the year for the 2010-'11 season and signed a contract extension after the 2011-'12 campaign, but admitted in a recent radio interview that the Canucks' fall from grace put his job security in question. THE CANADIAN PRESS

Time for a change

Apart from this season's product on the ice, Mike Gillis had also been roundly criticized for his poor draft record, questionable free-agent signings and trades, and the handling of the Roberto Luongo saga.

A walk in the ballpark. Orioles steamroll over Yankees in historic 14-5 victory in the Bronx

After a week of popups, the Baltimore Orioles showed off real pop.

Delmon Young, Adam Jones and Matt Wieters homered as Baltimore teed off for 20 hits, battering the New York Yankees 14-5 Tuesday.

"It was a lot of fun," reigning major league home run champion Chris Davis said. "It was a long game. It was long — in a good way."

After a 2-5 start in which they totalled just 22 runs, the Orioles broke loose. Young and Wieters each drove in three runs, and Jones delivered one of Baltimore's four doubles at a half-empty Yankee Stadium.

Everyone in Baltimore's starting lineup got a hit and scored a run. The Orioles posted their second-highest hit total in the Bronx, eclipsed only by a 22-hit outburst in 1986.

"It felt good, as an offence, to score some runs," Davis said. THE CANADIAN PRESS

Nelson Cruz, Nick Markakis and Adam Jones jump in the air to celebrate the Orioles' victory at Yankee Stadium on Tuesday. JIM MCISAAC/GETTY IMAGES

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DRIVE 5

The grass is said to always be greener on the other side of the fence, but when it comes to luring new car buyers into a competitive market, meaner has become more fashionable than greener. In a tactical about-face from what manufacturers used during the auto-show season last year, ecology and efficiency are being muscled out in favour of handling and horsepower. Following are a few of the more notable trends from the 2014 auto-show season that have made many industry rivals envious.

TODD D. BURLAGE
wheelbasemedia.com

Show stoppers

Body by Alcoa

Ford has reset the bar by making the body of the 2015 F-150 out of aluminum. Now others will be forced into it to remain competitive.
ALL PHOTOS CONTRIBUTED

One trusty pick-up truck has gained the most attention this year's auto-show season after being unwrapped in January during the Detroit Auto Show.

The best-selling truck in America during the last three decades, the F-150 keeps the traditional steel platform, but the lighter body weight and improved fuel mileage are grabbing serious attention from every other North American truck maker.

Techy trend

If it looks like your iPhone took over your car, then you understand what CarPlay is.

Apple Inc. used the Geneva, Switzerland, Motor Show in March to unveil its CarPlay iPhone interface system that has created a technological buzz from car builders around the world.

Essentially, the CarPlay interface replicates the iPhone home screen on the vehicle's centre console display. Once iPhone is connected, a button on the steering wheel activates the Siri voice-recognition technology. This system will work with iPhone 5s, iPhone 5c and iPhone 5 and will be available in select car models shipping in 2014.

Another alternative

Hyundai will give you free hydrogen if you opt for its fuel-cell Tucson. You need to live in the L.A. area, though.

Hyundai used the Los Angeles Auto Show in November 2013 to introduce its 2015 Tucson Fuel Cell vehicle, which is a hydrogen-powered tall wagon set for release in North America this spring.

These clean-running vehicles convert hydrogen to electricity to power the vehicle. Heat and water vapour are the only emissions.

As additional incentive to potential buyers, Hyundai is offering unlimited and free hydrogen to its Tucson lessees. But given the limited number of hydrogen fuelling stations, Tucson will only be sold in the Los Angeles, Calif., area initially, where the greatest concentration of hydrogen refuelling sites exists.

Driver-free driving

Nissan believes that if the objective is zero emissions and zero fatalities that autonomous driving — where cars take over from humans — is the way to go.

Nissan had its vision set on the future, using the stages of the Tokyo Motor Show late last year to celebrate its autonomous-vehicle technology.

If Nissan's projections hold up, the Japanese automaker hopes to introduce its self-driving Leaf EV in North America "at realistic prices" in 2020.

Nissan put its autonomous vehicle through an uneventful test drive in Tokyo. This car is capable of negotiating turns, manoeuvring lane changes, recognizing stop signs and handling traffic signals, all without a driver at the wheel. And while clearing the legalities of a self-driving vehicle navigating North American roadways remains years away, Nissan's lead in autonomous technology will continue to grab the attention of rival builders.

The Saskatchewan Safety Council has numerous training programs available to both new and experienced riders. These programs deliver hands on experience with certified instructors on one of the country's best motorcycle training courses at the RCMP track in Regina, SK.

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Horoscopes

♈ Aries
March 21 - April 20
If you want a straight answer to a simple question, you may be disappointed. Others are so evasive today. Maybe they have something to hide but more likely their thoughts are simply all over the place.

♉ Taurus
April 21 - May 21
Make sure you keep track of where your money is coming from and, just as importantly, where it is going to, over the next few days. Someone may conveniently "forget" what they owe you.

♊ Gemini
May 22 - June 21
Some people may be loud in their opposition to what you intend to do but don't let it worry or stop you. They will come round when they see how well you are doing.

♋ Cancer
June 22 - July 23
Don't push yourself beyond your natural limits today. You may want to look good, but how good will it look if you collapse before the finishing line? Pace yourself.

♌ Leo
July 24 - Aug. 23
Others may have doubts about what you are doing but you have no doubts at all and will push ahead regardless. The Sun in Aries endows you with loads of energy and almost limitless self-belief.

♍ Virgo
Aug. 24 - Sept. 23
If someone is critical of your work today, don't let it get to you. Either they don't know what they are talking about or they are trying to make a small flaw or failing look much bigger than it actually is.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, try not to take it too seriously. Others may think it's the end of the world, but you know it's nowhere near as dramatic as that. It's life, that's all.

♏ Scorpio
Oct. 24 - Nov. 22
Focus on what seems right to you and ignore what the so-called "experts" tell you. Ultimately there is no such thing as facts. There are only various shades of opinion Yours deserve to be heard.

♐ Sagittarius
Nov. 23 - Dec. 21
The more certain people say you have taken on too much, the more determined you will be to prove them wrong. Sagittarius is a sign that likes to do things in a big way.

♑ Capricorn
Dec. 22 - Jan. 20
Steer clear of negative thoughts because once they have got their hooks in you, it will take a lot of work to break free. Everything will work out for the best in the end.

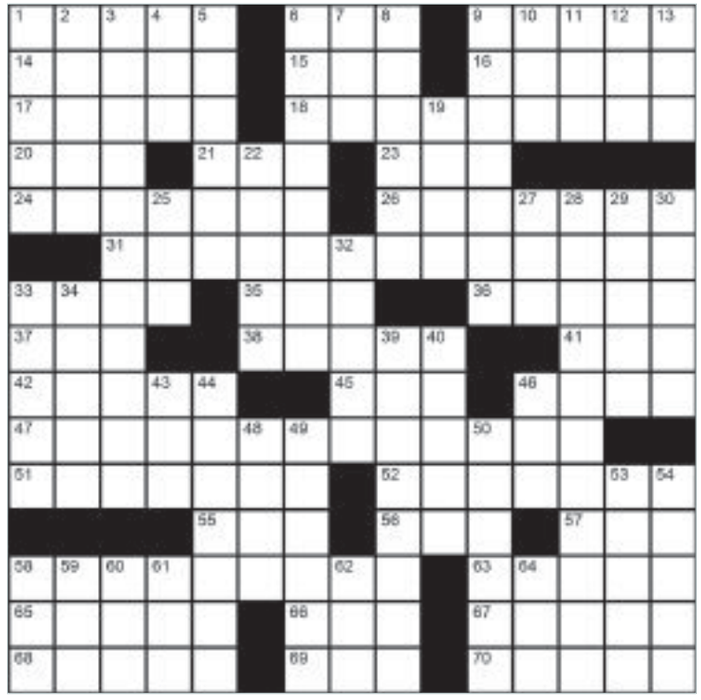
♒ Aquarius
Jan. 21 - Feb. 19
If you want a creative endeavor to be a success, you are going to need help and this is a good time to ask. Others want to be on your team because they know it's the one most likely to win.

♓ Pisces
Feb. 20 - March 20
If someone changes their plans at the last moment today, don't let it show that you're not happy. Breath deeply, count to 20, then give them a big smile and say "no problem". And never trust them again. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

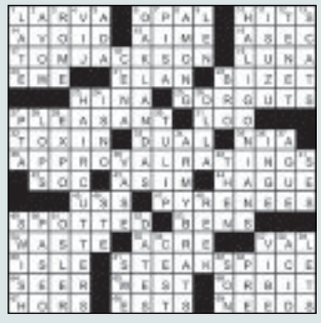
BY KELLY ANN BUCHANAN



Across
1. Packed into boxes
6. Goat's bleat
9. Art object
14. Quick
15. Alphabetic trio
16. Best
17. Grief [var. sp.]
18. In a not-one-side-over-the-other way
20. Earlier, olde-style
21. Shopping estab.
23. Sinn Fein was its political arm, for short
24. "Soul Sacrifice" band
26. Ontario town; or, Ms. Lohan
31. Orca-viewing village on Vancouver Island that's about four-and-a-half hours north of Nanaimo: 2 wds.
33. Scoop
35. Him, in Hull
36. Ghana's capital
37. Masses, with Polloi
38. Resulted in, __ __ to
41. '_' __ for Iberville
42. Mr. Guthrie's
45. __ whim: 2 wds.
46. Freeze
47. Trendy (and bloody) new skincare procedure in a cosmetic surgery clinic: 2 wds.
51. Heart
52. Feminine and masculine
55. Long-snouted fish
56. Clairvoyance, e.g.
57. Sight: French
58. Exactness
63. "_ __ my case." (There's nothing more to add)
65. Plains prey
66. Keyboard key
67. Today: April __, Two Thousand and Fourteen
68. BC - Haida Gwaii: UNESCO World Heritage Site, __ Gwaay
69. Mr. Orbison
70. Ms. Perry's

Down
1. Pl. suffix with 'Motor'
2. Ancient shopping locale
3. Fare for Canada's Mary Pickford (b.1892 - d.1979): 2 wds.
4. Brit band
5. Of the skin
6. Romeo's family, House of __
7. Copy
8. 'Eagle' constellation where Altair shines
9. Flesh-chomping fish
10. __ Red (Apple)
11. Snake-like splasher
12. Dietary number, for short
13. Cathedral city
19. Journey
22. Sad-sounding ring
25. Mr. Fabi of car racing
27. Ancient Rome's 700
28. Party or wedding, for example: 2 wds.
29. Ms. Lavigne
30. Loaf leavener
32. Get __ __ (Throw away)
33. "_ __ something to say..."
34. Ms. Ephron's
39. Montreal-based ICAO, for one: 2 wds.
40. Strides
43. Unclose, archaically
44. Celine Dion's skill
46. Fooled
48. Some TVs
49. More spooky
50. "Pretty __ __" (1986) starring Molly Ringwald
53. Oxidized
54. Mr. Rogen's
58. "Downton Abbey" network
59. 18-wheeler
60. That, in Tijuana
61. Defraud
62. Bear: Spanish
64. Narrow inlet

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	8	4	
3		7	1			6		
				9				
4							9	2
5	8		3		2		7	6
6	1							4
				6				
		6			3	2		7
	5	8	9					

Yesterday's Sudoku

5	4	6	2	8	9	3	7	1
9	1	3	4	5	7	6	8	2
8	7	2	3	1	6	4	9	5
6	3	5	1	9	2	8	4	7
4	9	1	7	6	8	5	2	3
2	8	7	5	3	4	9	1	6
3	2	8	6	4	1	7	5	9
7	5	4	9	2	3	1	6	8
1	6	9	8	7	5	2	3	4

Today
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Partly cloudy
Thursday
8°/-2°
Partly cloudy
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